

LAMBDA

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PROUDLY SERVING THE LAURENTIAN UNIVERSITY COMMUNITY SINCE 1961

Laurentian students take over House of Commons

Political Science Association organizes 16th annual Model Parliament in Ottawa



On January 11th, 2008, Laurentian students descended upon Parliament Hill in Ottawa to participate in the annual Model Parliament in the House of Commons. 130 students from three campuses came together to make speeches, discuss bills, and represent political parties and ridings across Canada.

Political science student Kayleigh Heathcote led the Conservatives as Prime Minister, and Joel de Chevigny led the Liberals as opposition leader. Vance Coulas and Eric Blondin led the NDP and Bloc, with two independents filling the open positions in the House. The leaders were supported by their house leaders, party whips, and fellow MPs.

With discussions that ranged from Quebec sovereignty to natural resources, the day was filled with controversy and debate. Party leaders defended their bills while opposition MPs spoke on how they could be improved, or overhauled.

The day finished with a formal banquet on the West Block of Parliament Hill where students received awards for their work in the House.

The rest of the weekend was spent visiting museums and galleries in Ottawa, enjoying the city's establishments and exploring the finer side of hotel living.

The trip was organized and hosted by the Laurentian University Political Science Association, and it is the hope of everyone involved that the program continues to prosper and provide students with an opportunity to experience life as a member of Parliament.

All photos by Ian Ridsdill & Sebastien Perth

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Lambda circulates 2,200 copies throughout the City of Greater Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments.

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Lambda Publications is the bi-weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by members of the Students' General Association / Association generale des etudiantes, yet remains autonomous from all university organizations, both student and administrative.

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WRITE TO US

Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.

ADDITIONALLY...

Lambda is supported in large part by green tea, multivitamins and Sudbury tap water. We respectfully reserve the right to make indirect references to old Canadian TV shows, sci fi films and terrible pop-rock bands. Han shot first.

Happy 2008! Now get back to work.

Remember 1 page essays? Oh, how I miss grade school.



Alex Taylor
Editor-in-Chief

Welcome back, I hope everyone had a lovely holiday. Mine, in case you were wondering (or even if you weren't...) consisted of Southern Ontario adventures, pretty great Christmas presents, and a trip to Ottawa that was so great that I was actually sad that the new semester had started.

Wait, that had nothing to do with Ottawa.

Anyway, as you may have read on the front page, I was a part of the completely fantastic political science trip to the House of Commons in Ottawa for our annual Model Parliament. This was my fifth year (fifth!) and part of me is pretty heartbroken that it's over. Some people think that it's just a party the whole weekend, and they're not completely wrong, but what people who've never been

don't realize is that everyone works insanely hard writing speeches and bills. This isn't a joke parliament by any stretch of the imagination, we're representing ridings and discussing bills that you'd find in the actual House, discussed by real MPs. It's an incredibly fulfilling experience that I hope continues here at Laurentian - there's no better way to find out about how our government really works than to participate in a Model Parliament type experience.

Plus, when you go anywhere with a group of 140 university students, things are bound to be interesting. Throw in a broken-down bus, museum visits, and excessive amounts of shwarma (and white wine...), and it ends up being the best weekend of the year, every year. You never really appreciate your friends until they agree to walk to McDonalds at 4am or let you share their bed because people are having sex in yours. Such a great weekend.

School is back in business

too, and while a lot of people seem sad to be back, I want to remind you all that there's only about 75 days until April 1st. 75 days! That's nothing, you can do it. Just a reminder though, you only have 75 days left to finish all your assignments. Clouds, silver lining, etc etc.

You'll see on the next page some photos and information about the demonstration that happened in mid December, about raising tuition fees. If I may throw my two cents into the conversation, I'll definitely share that I'm supportive of the students who are organizing these protests, and supportive of the cause in general. I might get myself into trouble for this, but oh well. I feel, truthfully, that the Laurentian administration is doing a fairly poor job of running the place, at the moment. Don't get me wrong, I like the university and I'm glad I go here, but I question whether there's any justification for the amount of money we're being charged on a yearly basis.

There are multiple programs at this school that are crashing and burning and while I understand the concept of 'growth', I don't understand the logic behind building new facilities (no offence, med school kids) instead of working to sustain the ones that we already have. Increased enrolment might be good for the Board's pocketbooks, but it's definitely not good for the people who have no 4th year course options because the school doesn't have the money to hire more professors. I know that no university functions perfectly, but it might be time to step back and look at the big picture - is an extra 5000 students in first year worth it if they're all going to bail in second year because they aren't happy with the quality of their education?

And don't even get me started about the non-functioning automatic door sensors...

-Alex

Twenty Things to Help You Succeed at University

1. Know WHY you are at university.
2. Go to every class and sit at the front.
3. Read and repair your notes after every class.
4. Read and summarize your readings before each class.
5. Take advantage of all the free student services available.
6. Check in with your Student Association. So much to offer!
7. Take care of your health. See "Six Components."
8. Learn how you best deal with stress.
9. Learn time management - daily, weekly, monthly.
10. Write effective essays - see Writing Assistance.
11. Give effective presentations - see Writing Assistance.
12. Preparing for exams is all about reviewing from day one.
13. Be test savvy! See a learning strategist.
14. Have career and personality testing. It's free; it helps!
15. See your academic advisor.
16. Know the system - what your rights and responsibilities are.
17. Make the university your home - join a club!
18. Make your rez or apt your home. Get a plant and a pet or both! Call #3217.
19. Volunteer! This looks so awesome on a resume.
20. Laurentian Humanitarian can help you and you can help LH!

NUMBERS YOU NEEDS TO KNOW!

Crisis Intervention 675-4760 / Security 673-6562
Emergency (evenings and weekends) 673-2661
Walk-Home Service 688-4681
Community Rights Office 675-1151 #3422
Health Services 675-1151 #1067
Personal Counseling, Career Counseling and Peer Tutoring 673-6506
Special Needs Office 675-1151 #3324
Writing Assistance Program 675-1151 #3426
First Year Exp., Advising Officer 675-1151 #3420
Student Associations: Francophone 673-6557
Native 675-1151 #1051 / Students General #6547

For complete list of Services for Students go to www.Laurentian.ca/Laurentian/Home/Students/

Jan Carrie Steven is a Counsellor at Student Services.
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Visit her website at www.smallthings.ca

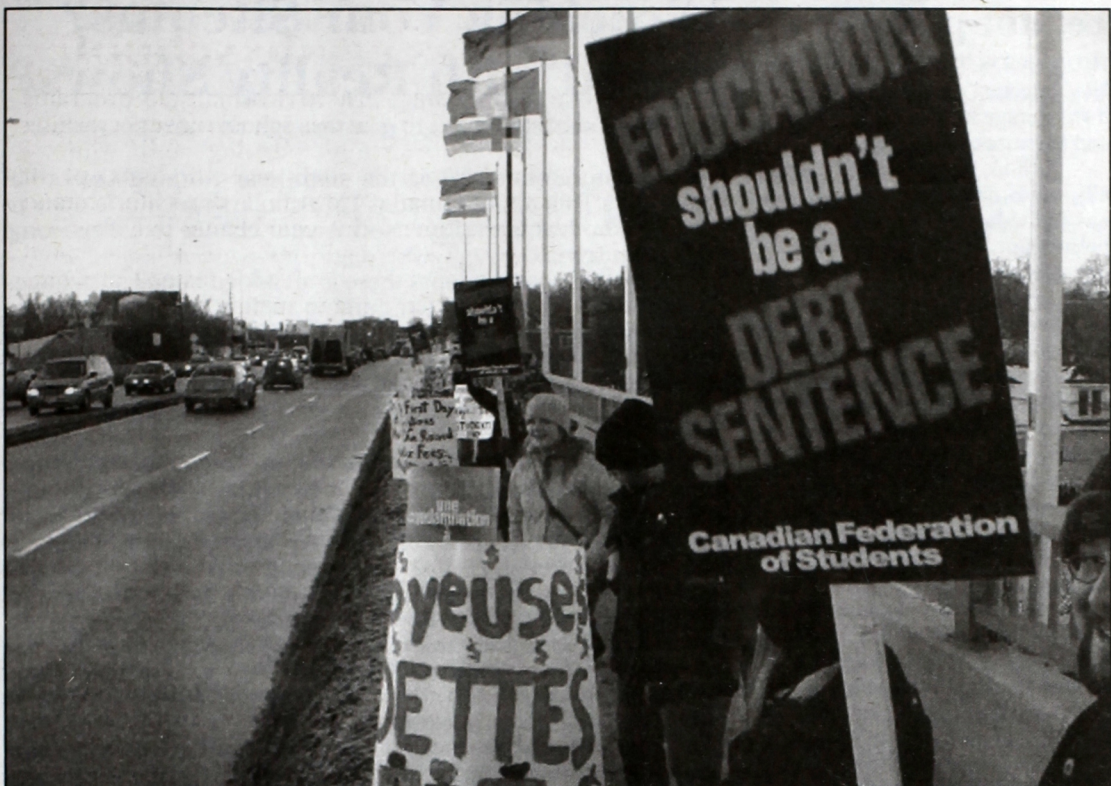


Twenty Things You Didn't Know About Living In Space

Exploding boobs, toilet target practice, the second birth...
by Corey S. Powell

- 1 Nearly every astronaut experiences some space sickness, caused by the wildly confusing information reaching their inner ears. In addition to nausea, symptoms include headaches and trouble locating your own limbs. Just like college, really.
- 2 And those are the least of your worries. In weightlessness, fluids shift upward, causing nasal congestion and a puffy face; bones lose calcium, forming kidney stones; and muscles atrophy, slowing the bowels and shrinking the heart.
- 3 At least you'll be puffy, constipated, and tall: The decreased pressure on the spine in zero-g causes most space travelers to grow about two inches.
- 4 Lab rats sent into space during midpregnancy, while their fetuses' inner ears are developing, spawn some seriously tipsy babies.
- 5 No humans have yet been conceived in space, so we can only imagine.
- 6 So that's what it takes: A 2001 study showed that astronauts who snored on Earth snoozed silently in space.
- 7 But astronauts sleep less soundly; 16 sunrises a day throws a major wrench into their circadian rhythms.
- 8 And Ziggy played guitar. At the start of the workday on the space shuttle, mission control in Houston broadcasts wake-up music, usually selected with a particular astronaut in mind. On the all-work, no-play International Space Station, crews wake to an alarm clock.
- 9 If you are ever exposed to the vacuum of space without a suit on, don't hold your breath: Sudden decompression would cause your lungs to rupture.
- 10 In addition, water on the tongue, in the nose, and in the eyes would boil away. This actually happened in 1965, when a space suit failed during a NASA experiment and the tester was exposed to a near vacuum for 15 seconds.
- 11 Contrary to Hollywood, though, you wouldn't explode. Lack of oxygen in the blood is what would kill you, but it would take about two minutes.
- 12 More explosion paranoia: Virgin Galactic, Richard Branson's space-tourism company, reportedly considered barring women with breast implants due to fears that they might blow up.
- 13 John Glenn found it hard to choke down his food, but not because of the lack of gravity: Early astronauts relied on aluminum tubes of semiliquid mush, food cubes, and dehydrated meals.
- 14 Today astronauts can spice up their meals with salt and pepper - in liquid form. Sprinkled grains would float away, tickling noses and clogging vents.
- 15 Missing something? Those vents on the space shuttle and International Space Station serve as the lost and found, sucking up anything that's floating about unsecured.
- 16 The shuttle commode requires that astronauts align themselves precisely in the dead center of the seat. A mock-up of the shuttle toilet, complete with built-in camera, is used to train them how to position themselves.
- 17 NASA tried building a bathroom into its space suits—a fitted condom attached to a bladder for men, a molded gynecological insert for women—but gave up and passed out diapers to all.
- 18 Returning astronauts report extreme difficulty moving their arms and legs right after touchdown, one reason why they call landing "the second birth."
- 19 But some long-duration cosmonauts report that the hardest thing to readjust to about life on Earth is that when you let go of objects, they fall.
- 20 Better just to stay up there? Eighteen people have died on space missions, but never in space—always on the way up or the way down.

Students protest increasing tuition fees



Alex Taylor/Lambda

Laurentian students demonstrate on the Paris St. bridge on December 12th. Students hoped to raise awareness among Sudbury residents about increasing tuition fees.

ALEX TAYLOR
EDITOR-IN-CHIEF

On December 12th, students and community members converged on the Paris St. bridge to protest the impending tuition fee increase at Laurentian. The second of such increases within a year, students hoped to grab the attention of the public with signs and banners outlining their complaints.

Coordinated by members of all the student unions on campus, the demonstration commenced during the morning rush hour as Sudbury residents drove to work and school. The sub zero temperatures did little to quell the enthusiasm of the demonstrators, and chants, rants and songs kept spirits up and earned honks of support from passing vehicles.

AEF president Eric Blondin telephoned the office of university President Judith Woodsworth, and was given the opportunity to

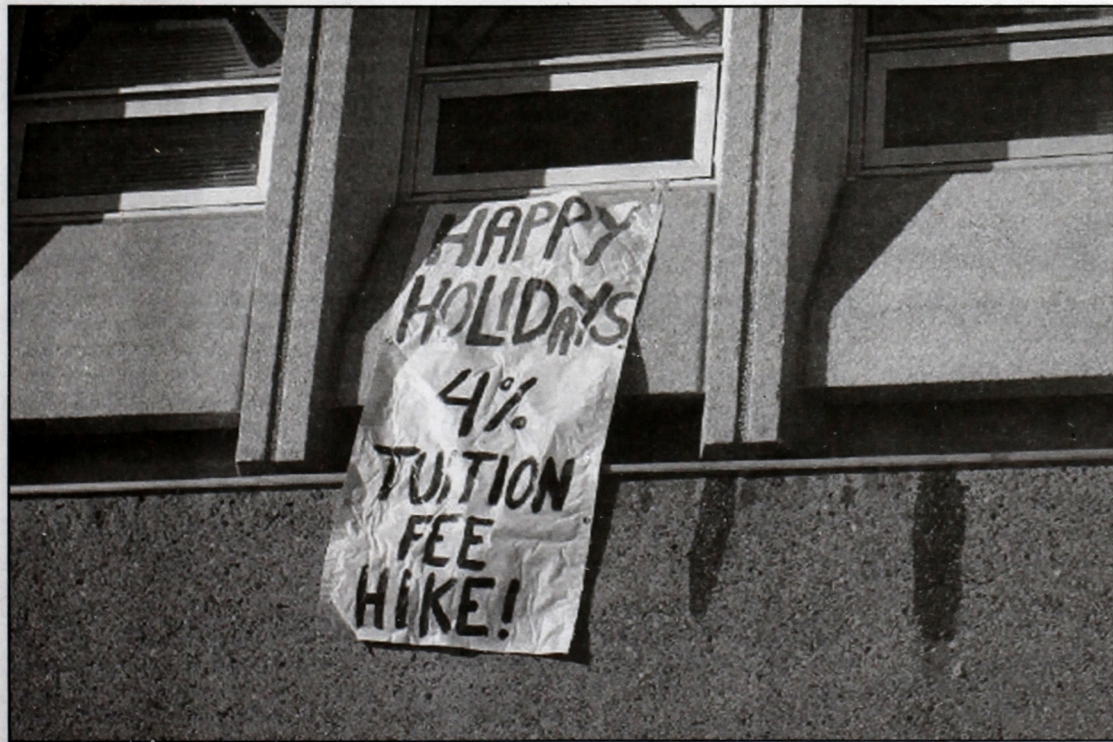
leave a message about the reason for the demonstration.

The protest had a dual purpose; the first was to argue against yet another tuition increase by the Board of Governors that students will be forced to accept. The second was a stand against what the students considered underhanded politics as the Board of Governors planned their meeting for December 14th, in what some called an attempt to quell student protest. Most suggest that the late date was selected because students would be busy with exams and holiday plans, and thus would be less likely to interrupt the meeting. Last year, more than two dozen students were involved in a protest in the boardroom during a meeting to increase tuition fees. The students were successful and the meeting was adjourned to a private office where students were not permitted to enter.

Although some criticised the

December 12th protest for being too passive and therefore largely ineffective, many of the students involved later noted that they received praise from community members for raising awareness about the tuition fee issue. Members of the university community have expressed an interest in the concerns of the students and have begun to question whether the increased tuition fees are being used to increase the quality of education at Laurentian, or whether they are simply being used to increase enrollment initiatives.

It is the hope of the coordinators and student leaders that their message continues to raise interest and concern among the university community. With a number of other local and national events being organized, there is no doubt that university administrations and government leaders will continue to hear the voices of Ontario's students.



Patrick Imbeau

A banner hangs outside the SGA windows informing students about another tuition fee increase, the second in a year. The executive councils of Laurentian's student unions have all been very vocal about their disapproval of the increases, suggesting that they are restricting access to university for many students.

"The delicate thing about the university is that it has a mixed character, that it is suspended between its position in the eternal world, with all its corruption and evils and cruelties, and the splendid world of our imagination."

Richard Hofstadter

Laurentian University creates School of Rural and Northern Health

Laurentian University is pleased to announce the creation of a School of Rural and Northern Health.

The newly formed School is part of the Faculty of Professional Schools. The focus of the new School of Rural and Northern Health is to provide opportunities for training in rural and northern health. The School will provide training for students from a variety of health streams, provide a critical mass in rural and northern health to promote faculty development, and facilitate linkages with community health organizations in the north.

Dr. Nancy Young is the interim director of the new School. She also holds a Canada Research Chair in Rural and Northern Children's Health and is an internationally recognized expert in the measurement of children's health. Dr. Young's work has enabled clinicians and scientists to view health through the eyes of children. Her current research focuses on evaluating the relevance of traditional health indicators for children in rural and northern regions.

Dr. Raymond Pong is a key faculty member supporting the

new School. He is an internationally recognized expert in rural health, and is the director of the Centre for Rural and Northern Health Research (CRaNRH).

The School of Rural and Northern Health is also pleased to announce the recent addition of Dr. Elizabeth Wenghofer. Dr. Wenghofer completed her PhD at the University of Toronto, and joined Laurentian University as faculty member in 2007. She brings expertise in health policy.

The School of Rural and Northern Health houses the Interdisciplinary PhD Program in Rural and Northern Health. This PhD program was created in 2006, and builds on Laurentian University's research priority in rural and northern health. This program draws upon a broad range of disciplines from within the Faculty of Professional Schools, and beyond. The first two cohorts of students have been highly successful, and many have secured prestigious external awards to fund their training. The next deadline for applications to enter the PhD program is January 31, 2008.

SGA & AEF presidents speak out against OUSA misrepresentations

Last month the College Student Alliance (CSA) and the Ontario Undergraduate Student Alliance (OUSA) issued a misleading media advisory, claiming to unite college and university students with a document they intend to submit to the McGuinty government.

"It's odd that these two Alliances of student council presidents that peddle marginalized opinions suddenly appear to be interested in uniting students," said Sébastien Perth, President of the Laurentian University Students' General Association. "For years their raison d'être has been to divide students, giving decision-makers an excuse to support the status quo under the guise of being practical."

The Laurentian University Students' General Association and the Association des étudiantes et étudiants francophones de l'Université Laurentienne are familiar with the Alliances' history of promoting policies about tuition fees and debt-based finan-

cial aid that students and Ontarians in general do not support. Laurentian University students want it on the record that the CSA and OUSA's recommendations are unrepresentative because these Alliances do not include Francophone students or university students who live and study in northern Ontario.

"The CSA and OUSA have no Francophone student members," said Daniel Mayer, President of the Association des étudiantes et étudiants francophones de l'Université Laurentienne. "Whatever documents they present to the government can't possibly be representative of students in this province."

Laurentian University students repeat their position that the Government of Ontario must invest the surplus by reducing tuition fees, increasing funding for colleges and universities, and replacing student loans with up-front need-based grants.

Deliberations of Laurentian University's Board of Governors

At its regular meeting held on Friday, December 14, 2007, Laurentian University's Board of Governors welcomed a new member, discussed a new strategic plan for the next five years and approved tuition fee increases for the 2008-09 academic year.

Mr. Fred Stanford, president, Ontario Operations, Vale Inco, was welcomed by the Board as a new member. Mr. Stanford joined Vale Inco in 1981 upon graduation from the Technical University of Nova Scotia. After working as superintendent and manager in various mines, he was appointed vice-president of Business Services in 2005 and, in 2007, president of Ontario Operations.

Building on the success and growth of the past five years, the president, Dr. Judith Woodsworth, outlined and subsequently led a discussion of the university's new strategic plan. The new plan, which reinforces Laurentian's commitment to students, research and the community, will be presented for approval in the new year.

At the same meeting, the Board of Governors approved tuition fee increases for the 2008-09 academic year. Tuition fees for full-time undergraduate programs will increase by 4%. Tuition fees for graduate programs will increase by 8% for new students, and by 4% for returning students. The Board will continue to work in collaboration with student and faculty associations toward increasing awareness about the importance of post-secondary education and securing sufficient government funding to ensure accessibility and quality of education for all students. A recently formed Joint Advocacy Working Group will be meeting in the near future to advance this agenda.

Students want gay blood ban lifted

Blood Services says ban based on science, not prejudice

Katie Hyslop
The Muse
(Memorial University of
Newfoundland)

ST. JOHN'S (CUP) -- The Canadian Federation of Students (CFS) has spoken out against Canadian Blood Services' (CBS) Men Who Have Sex With Men (MSM) policy, which bans men who have engaged in sexual intercourse with other men since 1977 from donating blood.

"This is a very discriminatory policy, and we are obviously not in favor of it," said Stella Magalios, director of campaigns for Memorial University of Newfoundland's students' union, a CFS member union.

"The fact is it's unfair to discriminate based on someone's personal life choice when it doesn't necessarily indicate whether they have AIDS or not," she said, noting that while homosexuality is not a choice, the act of having sex is.

CBS, however, maintains that their MSM policy is not meant to be discriminatory, but is an extra precaution to ensure clean blood.

"The basic premise for the deferral criteria that [CBS] has for men who have had sex with other men is that the prevalence and the incidence of HIV is much higher in males who have had sex with other males than in individuals who are having exclusively heterosexual sex," said Paul McGrath, the Newfoundland and Labrador media representative for CBS.

McGrath references a study released by the Public Health Agency in Dec. 2006 that found 39.6 per cent of positive HIV tests fall under the MSM category, the highest percentage of any group, with intravenous drug users following at 19.3 per cent of HIV infections.

Even though all donated blood

is tested for HIV/AIDS, McGrath said that it is dangerous to rely on those tests alone.

"The existing test that we have for HIV, while it is world class, no test can be 100 per cent guaranteed," he said.

But according to Michelle Boutcher, executive director of the AIDS Committee of Newfoundland and Labrador, while anal sex is considered a high-risk activity, men who have anal sex with men are not at a higher risk of contracting HIV from anal sex than women who have anal sex with men.

"Straight couples still engage in anal sex, still use sex toys, and infections can be transmitted any of those ways because that would be what they consider high-risk behaviour," said Bethany Barrett, director of internal issues for Lesbian, Bisexual, Gay, and Transgendered Students at the university.

"And unfortunately that behaviour is typically associated with gay men and lesbian women."

Canada is not the only country with a lifetime ban MSM policy: The US, UK, France, Germany, Switzerland, Holland, Norway, Denmark, Sweden, Iceland and Hong Kong also have a lifetime ban.

Some countries, however, like Hungary, New Zealand and Argentina have shortened their ban lengths to five or 10 years.

Italy is the only known country whose MSM policy is based on the riskier behaviour, such as promiscuity and unprotected sex. It is this kind of policy that St. John's Pride Committee Chair Mark Hanlon would like to implemented in Canada.

"Not every gay man who's had sex with a man or every man who's had sex with a man is necessarily at high risk for obtaining

HIV or AIDS," he said, adding that HIV infection rates are also higher than average in Aboriginal Peoples and heterosexual women.

"I think [a policy] that's actually more universal ... would ask any individual what is their sexual behaviour. Whether they've had unprotected sexual intercourse with anybody, whether it's a man or a woman, then that individual should be flagged as a high-risk individual," said Hanlon.

Blood drives have been banned from the student centre at McGill University and Barrett hasn't ruled out such an action from LBGT-MUN.

"As of this point I don't know if we have any plans to protest it, and I'm not sure if we will because I have to talk to my volunteers first and just see what they feel about the subject," she said. She also added that she doesn't donate blood herself, partly for medical reasons and partly out of protest.

But Magalios doesn't think that's the best course of action for students to follow.

"Obviously donating blood is a very good thing to do, and in fact, the largest group of people that are donating right now are students," she said.

CBS's policies are controlled by Health Canada, who also recently announced the banning of organ donation from men who have had sex with men in the past five years.

McGrath says that though Health Canada is in talks with both the CFS and Egale Canada, an activist group for lesbians, gays, and transgendered Canadians, to review the policy, change will not be swift.

"This is something that is not going away today, it's not going away tomorrow, it's something that's going to be on our radar screen for quite a long time," he said.

Hollywood Writer's Strike Wrecking Your Sitcoms? Bored with Reality Shows?

Here's something to get you through the next six weeks.

Toronto Ontario --For the sixth year running Operation Dialogue's Talk about Canada! TM Scholarship Quiz is open to anyone who wants to play. Now is your chance to collect some Canadian trivia.

For cash-poor students there is an added bonus of a chance to earn \$\$\$ for tuition. Graduating high school students and people attending post-secondary institutions across Canada can surf their way to one of 61 scholarships, ranging from \$500 to \$5,000, simply by answering on-line questions about Canada's interesting past and present at www.talkaboutcanada.ca.

Find out about the Canadian billionaire who funds pictures that promote social values. It looks like he's making more money! He produced *Syriana*, *Good Night and Good Luck*, *North Country*, *Murderball* and *An Inconvenient Truth*. -- which accounted for 11 Oscar nominations and two Oscars. This year's crop includes *Charlie Wilson's War* and *The Kite Runner* both nominated for Golden Globes.

Learn about the unknown Canadian scientist who was responsible for conquering polio. She was buried in an unmarked grave until a few people remembered her 50 years after her great accomplishment.

Take a look at the story of the Torso murder and the glamorous widow who gave one of Canada's greatest defence lawyers his professional start.

Just go to www.talkaboutcanada.ca between January 14 and February 25, 2008 and log in. It's a great way to get rid of the winter blues.

Operation Dialogue is a charity which was founded in 1998 by a group of committed Canadians. Its mission is to inspire a lively and passionate dialogue about what it means to be a Canadian. The annual Talk About Canada! TM Scholarship Quiz program is designed to stimulate interest in and increase knowledge about Canadian subjects and is intended to involve as many people as possible through an accessible medium that curious and active students enjoy. The charity's board of directors is led by Warren Goldring, Honorary Chairman and Co-founder of AGF Management Limited.

"Of course there's a lot of knowledge in universities: the freshmen bring a little in; the seniors don't take much away, so knowledge sort of accumulates."

Abbott Lawrence Lowell



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YORK
UNIVERSITY

"A Wee Bit O' Burns"

The Laurentian University Pipe Band and Dancers present "A Wee Bit o' Burns". This annual dinner celebrating the life of Scottish poet Robert Burns will take place on Saturday, January 26, 2008 at Branch 76 of the Royal Canadian Legion, located on 1553 Weller Street in Minnow Lake. The evening will begin at 5:30 p.m. with cocktails, and includes roast beef and haggis dinner.

Performances by guitarist Andrew Lowe and the Laurentian University Pipe Band will follow. New this year is a performance by Laurentian University Pipe Band's Highland Dancers.

Tickets for this year's dinner are \$30 and are only sold in advance.

For tickets or more information please contact Pipe Major Derek Young at 691-5677 or by email at pipeband@laurentian.ca.

International Seminar on Ghana and Burkina Faso

World University Services of Canada (WUSC) will present an international seminar by Laurentian student Christine B  nard. She will speak on her experience in Ghana and Burkina Faso:

Thursday, January 17, 2008

7 p.m. to 8 p.m.

Room L-239 of the Parker building

All are welcome to attend.

For more information: 675-1151, ext. 3359

Food baskets arrive in time for the holidays



Mustafa Abdulhusein

A BIG THANK YOU!

Do you remember what my last article was about? About the food baskets of course!

Basically, that fantastic idea that the Laurentian University Interprofessional Health Society had come up with to help out fellow students and families who really needed help over the holidays. Anyways, they've asked me to write another article (not to brag of course), just as a way of saying thank you to everyone who supported this project.

Before the much deserved thank you's, here are some facts of interest:

- * 33 Laurentian families benefited from this project
- * Each received 2+ boxes of non-perishables
- * Each received a box of perishables
- * Every child was adopted by a member of the LU staff/faculty or a member of the LU community
- * Actual deliveries were made on December 20th – just in time for Christmas!

The people who actually made this project possible – the Laurentian University student and faculty body need to be thanked first and foremost. Their generosity in either supporting the fundraising activities like buying Christmas poinsettias and cacti or participating in the Table-tennis (AKA ping-pong) tournament in the Games room (Dr. F. Caron won the entire pot, but generously donated it right back), or by donating food to the SGA/AEF food bank or even by adopting a child, all helped put this project into reality.

Where do you store loads of perishable food items before delivery? Well, thanks to the good people at Aramark who allowed the use of their fridges, which incidentally provided ample chilly space for storage!

Where did all the snazzy gift items come from? Most likely a factory in either Taiwan or China...but the Aila Galleri on the Kingsway was kind enough to donate some of the gifts that we used here, in Sudbury. The rest of the gifts were donated by Laurentian students, staff and friends of the LU community.

The deliveries were made because of the generosity of the Walk Home Van Service and the volunteers who helped bring the 'goodies' to all the recipients of this project.

Finally, the SGA/AEF

allowed the substantial use of the LU food bank, which a majority of the non-perishable food items came from. The perishable items, which tend to be more expensive, were bought from the profuse donations from the Laurentian community. The pictures from this project should be up by the end of January, please check out www.lupremed.bravehost.com, under 'Gallery'.

Helping out at Christmas time is great and it is definitely one of the reasons why that time of year is special for so many people. This food basket project has showed us one thing: the Laurentian University Community can be and is very generous.

However, the sad fact is that there are many families who have a heavy financial burden all year round. I'm not trying to make anyone reading this article feel guilty or I'm not saying that we as the LU community don't do enough. What I am saying though, is that we can do more! If every student, not even every student, but half of the students brought one can of non-perishables a week, or set aside just one dollar a week, then the amount that would be raised...well, basically I can't even count that high!

Oh yeah, and make sure you read my next column – all about my holidays and adventures in India!

GREETINGS FROM THE WRITING ASSISTANCE PROGRAM!

Ever wondered what really good writing skills can do for you, both at university and later? Consider:

- o More confidence
- o Better marks
- o Better job opportunities

o Increased fun quotient

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Paddle to Polar Bear Provincial Park

Join Laurentian University's Outdoor Adventure Leadership Program for a canoeing adventure of a lifetime down the

Winisk River

Backcountry Expedition Canoe Trip on the Winisk River
May 28 - June 18, 2008 (tentative)
Cost: \$2500 + GST

The Winisk River flows from the Rocky Canadian Shield through the Hudson Bay lowlands into Polar Bear Provincial Park. Although Polar Bear Park is Ontario's largest and most northerly Provincial Park, it is also the least visited because of its remoteness and accessibility – only by air or canoe. The canoe trip will begin in Sudbury where we will travel north and then fly into the start of the expedition. The paddling will start at the small northern village of Webequie, Ontario and end in Peawanuck, on Hudson Bay. From there, we will fly and then drive back to Sudbury. The trip cost of \$2500 (plus GST) includes all travel (Sudbury to Sudbury), equipment, food, accommodation and guiding. Incidental costs, such as meals while travelling to the river, and unbudgeted excursions to see polar bears will be the responsibility of each participant. The Winisk River has class I-III whitewater, has an abandoned radar station left from the cold war, and is a historical fur trade route. In the days of the Hudson Bay Company, pelts were taken down Northern Rivers like the Winisk, brought to Churchill Manitoba, and eventually shipped to England to be sold. This area is home to woodland caribou, wolverine, otter, moose, black bear, polar bear, sand hill cranes, many species of fish, over 300 bird species, and sub arctic lichen and plants. Canada's

Northern regions are changing, making this trip an even more unique and memorable experience.

The trip is part of Laurentian University's Outdoor Adventure Leadership Program. You will travel down the river with a group of 6 students and a professor from the program. The students have experience in wilderness survival, wilderness first aid, whitewater paddling, leadership, ecology and physical education.

We are looking for open minded, adventurous people with some backcountry experience (doesn't have to be in canoe tripping). Successful applicants must also be in relatively good physical shape, and comfortable in and around water. If you are interested in paddling the mighty and historic Winisk River with a group of outdoor leaders, contact Haley at hx_kuntz@laurentian.ca or kx_masin@laurentian.ca for an application form and/or more information.

TOP 8 LIFE-CHANGING TRIPS FOR 2008

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Matt Moskal
A & E Editor

Welcome back. Now that 2008 has come upon us, healthy, 366 days heavy (24 hours heavier than last year), warm and frightened of what may happen to it now that it has been successfully conceived. What luck the political tide in the United States should change by the end of this year and we get to watch the world's best athletes succumb to the will of the world's most prestigious judges once again at another Olympia.

The world of the arts and entertainment field now enjoys a clean slate as top 10 lists and year end wrap-ups leave the past to itself and the future wide open for a new year of albums, movies, and milestone artistic achievements. And with that said, we jump back into the world of self expression and human exploitation for another sun cycle.

January is already providing the student population with enough events in one night to keep entertainment levels high:

On January 25th IllScarlett will be making their Laurentian University debut at the Great Hall. The all Canadian dub/punk foursome whose name has gone from the marquees in the region of the Greater Toronto area to the likes of the Van's Warped Tour and the Toronto incarnation of Virgin Festival. Now with their latest album "All Day With It" climbing the Canadian charts and two singles under their belt ("Nothing Special", which reached #1 on the MuchMusic Countdown, and "Life of a Soldier") IllScarlett are taking to the road again. Don't miss out; tickets are only \$10.00 for SGA members. Doors will open at 9:00. Opening act to be announced.

With a name like Drunkula, it's easy to understand how one could develop a love/hate relationship with the aesthetics of this rock revivalist foursome right off the bat (no pun intended). On January 25th, at the Townehouse, the former members of The Illuminati, The Sinisters, and The Flamejobs are looking to prove there's more to rock and roll than the name you make for yourself.

Crossbreeding the vicious consistency of punk rock song writing with the muscle of 70s era Black Sabbath with all the charm of hectic garage rock, Drunkula are custom made to pound your eardrums.

This event is only \$5.00 at the door with proof of age of majority.

Having sold out 2 years in a row, the Banff Film Festival returns to the Fraser Auditorium on the 25th of January. This showcase of films oriented towards the outdoor adventurer in all of us is looking to continue its tradition of excellence by offering one of the most unique nights of entertainment offered on campus. Tickets are only \$15.00 and will be selling like hot cakes once again, folks. The doors will open at 5:30 pm and the first film will start at 7 pm.

January 31st, Stomp Record's own St. Alvia Cartel will team up with The Reason to wreak havoc on the Townehouse. If you missed St. Alvia Cartel at this year's warped Tour, they were the ones with the very ambitious label reps gladly selling you a copy of their self-titled debut album for a relatively low price in the middle of the line-up of epic proportions. Fusing former members of Boys Night Out, Jersey, Grade and The Video Dead, St. Alvia Cartel throw rock, roots, soul and reggae in a blender until liquefied into a thick syrupy concoction best served next to a frothy mug while accompanied by the best of your friends. Opening the night are The Reason, Hamilton's own powerhouse melodic super team notorious for their electric live show. With their latest single "We're So Beyond This" up for request on MuchMusic, one would find that voting in its general direction could muster up quite the gratifying outcome. This show will be \$7.00 at the door.

Good luck.

CKLU Listener's Choice Awards celebrates favourite radio shows

Matt Moskal
Arts & Entertainment Editor

December 15th, CKLU 96.7 FM had their first Listener's Choice awards ceremony. Each program in the station's diverse line-up would go head-to-head to determine which show would be deemed overall the most popular.

In order to determine the winner, an e-mail account was created on the CKLU website for interested parties to cast forth their votes for their favourite shows. Votes would then be tallied up and the top 8 shows would be recognized at the ceremony along with two special achievement awards.

It was no surprise that the evening's most dressed up hosts would take home the top prize as Sunday night's Above the Waste, which specializes in all things metal, would be granted top honours this year. MC Wes from Village of the Darned was pleasantly surprised by the enthusiasm of the recipients of what is now the station's highest honour.

Awards would also be handed out to The Trance Room, which airs Wednesdays from 2

pm to 4 pm, We Be Jammin', on Saturday nights 8 to 10, Unintentional Mohawk, airing Tuesdays from 10 to Midnight, Green Tea, Saturdays from noon to 2, City Spins, on Mondays from 4 to 5 pm, My Pickin' Parlour & Sittin' Back Pickin', Fridays from 6 to 8 and Sundays from 10 to noon, and taking the number 8 spot was And Now, which airs Saturday from 10 to noon.

The honour of the CKLU Lifetime Achievement Award would go to Artistry in Jazz's Siggy Born, whose experiences range over the better part of the 20th century. Siggy's program boasts some of the most (if not the most) knowledgeable banter and thoroughly researched material in the entire CKLU library. His program airs Tuesdays and Fridays at 8.

Reg's Recycled Records and Peek at the Past (which play back to back on Friday mornings) won the special achievement award for Best Comic Verse, which celebrated the hilarity of the program's on-air commentary.

After the awards and proceedings settled down, the night would remain a lively affair

where those that normally cater to the musical needs of others

were then properly catered to a celebratory feast and music spun

by Music Director Mark Browning.



Matt Moskal / Lambda

Matt Moskal's Top 10 Albums of 2007

Every year since I was 17 I've had an odd fascination with compiling lists. This did not come directly out of the pages of Nick Hornby's High Fidelity (I didn't read that until I was 19, truth be told), but an odd affinity for modern rock radio and the absurd idea that musicians could be in competition with one another.

Fact is, this year in music was filled more than its fair share of ups and downs. Reunions all over the map, plagiarism scandals galore, and something called the "Soulja Boy". And while most critics were willing to celebrate the efforts of Against Me!, Panda Bear, and 80s clothing pattern enthusiast M.I.A., I find strange solace in the fact that that my favourite album in the past 12 months was actually leaked 14 months ago.

10. Grinderman – Grinderman

Here's the deal. Singer/songwriter Nick Cave started playing the electric guitar again. Rather than change the direction he took with his current band Nick Cave and the Bad Seeds, he simply took a select number of his band members with him to start a new project called Grinderman. While on tour, Cave would collaborate with the same Bad Seeds to open for his Grinderman sets so he'd have no need to hire an opening act. Confused? So was I. Nonetheless Grinderman is a hefty little package of heavily distorted and unforgiving tunes. From the shamelessly emasculating "No Pussy Blues" to the funky bass driven liberation anthem "(I Don't Need You to) Set Me Free", this is probably the most constructive channel of personal frustration to be released this year.

9. Greenbelt Collective – Our Homes

What started out as a means for putting a soundtrack to the poetic musings of its founding members turned into one of the most surprising live experiences I've encountered all year. While the production values on this album aren't necessarily astonishing, what Our Homes lacks it makes up for in heart. Kudos for channelling the energy that Architecture in Helsinki seem to have lost and interlacing it with song writing at par with the first Polyphonic Spree album.

8. Torngat – You Could Be

Pietro Amato finally gets his dues as years of working with the likes of The Arcade Fire, Belle Orchestre, etc. have led him to his most solid instrumental opus. Torngat started their most recent tour in Sudbury to promote this album, and never has it sounded sweeter than reconstructed in a live performance. Without a single word this trio of ambitious multi-instrumentalists can take charge of an entire crowd by manipulating French horn, synthesizers, keyboards and percussion into an intricate sound experience. Songs are interchangeable for more interesting thought processes during any listening, but best enjoyed as a whole.

7. Coconut Records – Nighttiming and Jens Lekman – Night Falls Over Kortedala

Picking between one of my favourite Swedish

crooners and Max Fischer wasn't an easy call to make. Coconut Records features a very lively Jason Schwartzman paying tribute to all things right with modern pop while Jens Lekman's first full length in years is a charming collection of humorous and intimate tales that despite Lekman's inability to make up his mind on which songs to include came out better than anticipated. Maybe it's your turn to decide.

6. Black Lips – Good Bad Not Evil

For actually sounding like they're still recording in a garage and yet still being able to write songs this catchy, Black Lips are something special.

5. The Arcade Fire – Neon Bible

Funeral has already been accepted by many as one of the best albums to have ever come out of Canada. It would be pretty difficult to follow up said album, however, Arcade Fire still come out unscathed. Highlights include the very stirring "Antichrist Television Blues", "Intervention" and the insanely uplifting reworking of "No Cars Go".

4. Broken Social Scene Presents: Kevin Drew – Spirit If...

Kevin Drew of Broken Social Scene puts together a collection of self-produced tunes that explore his creative psyche and love of foul language. Tender numbers like "Gang Bang Suicide" and "Safety Bricks" stand as perfect bits for mix tapes, while J. Mascis assisted "Backed Out On The..." and Tom Cochrane's guest appearance in "Lucky Ones" show Drew for the rocker that he could be.

3. Radiohead – In Rainbows

By releasing this album online for download before any solid copies would exist, Radiohead brought a lot of attention to their latest efforts. The album itself is a fascinating look into a much more mellow but melodic Radiohead. Tunes like "Bodysnatchers" and "Reckoner" still radiate the charm of Thom Yorke's ability to vocally wail, but the real money is in the Amnesiac worthy "Nude" and self-fulfilling "Weird Fishes/Arpeggi".

2. Black Moth Super Rainbow – Dandelion Gum

Two words: psychedelic flutes.

1. Of Montreal – Hissing Fauna, Are You The Destroyer?

I've heard many an argument for "The Past is a Grotesque Animal" being one of the best songs of the year. I will not argue that 11 minutes of Kevin Barnes' unrivalled electronic pop is a lot better on paper than it is in an actual sound incarnation. Fact is, it's the smaller, shorter songs that make this album so enjoyable. Right from "Suffer for Fashion" the Hissing Fauna picks up some serious momentum and hits its initial climax at "Heimdalsgate Like a Promethean Curse". From this point on the album finds its hits and misses (which there are few of) but never loses its charm through "Gronlandic Edit", "Bunny Ain't No Kind of Rider" and the show stopping "She's a Rejecter".

The hosts of Above the Waste on CKLU accept the top award at the first Listener's Choice Awards. Their Sunday night show specializes in all things metal and was one of the top eight shows recognized at the awards ceremony.

Sonnet L'Abbé Delivers



Wesley McDonald/Lambda

Sonnet L'Abbé's poetry is distinctly Canadian and dwells on, among others, themes of identity, landscape and social disproportion and isolation. She presented her poetry as part of the Laurentian English Arts Society's Luminaries Series on January 11th.

WESLEY MCDONALD
ASSISTANT EDITOR

Last Friday, January 11th The Laurentian English Arts Society's Luminaries Series continued. The arrangements, begun over a year ago finally came to fruition and patrons braved snowy conditions to make it to the Laurentian campus. They enjoyed an energetic performance by Toronto born poet Sonnet L'Abbé who read from both her books "A Strange Relief" published in 2001 and "Killarnee" published just last year.

Sonnet L'Abbé's poetry is distinctly Canadian and dwells on, among others, themes of identity, landscape and social disproportion and isolation. Among her poems she selected for the reading it seemed the night's favourites were those published in her most recent work, which contains a much different voice than "A Strange Relief" and is an energized study of sounds and their meanings. All of L'Abbé's poetry contains a broad spectrum of emotion and her reading was by no definition dryly sober, but a robust performance of inspiring Canadian art.

Attending were members

of the Sudbury community as well as students and members of the Laurentian faculty. Before the evenings function, L'Abbé was interviewed on CBC Radio and dined with members of the English Arts Society who along with the English department and the Canada Council for the Arts sponsored and organized the event. The evening began with a glowing introduction prepared and delivered by Professor Steven of the English Department, followed by the reading, a question and answer period and a book signing.

Sonnet L'Abbé is a relatively young writer for the amount of success she has enjoyed, and in fact won the Bronwen Wallace Memorial Award for most promising writer under 35 in the year 2000. Being such a young and successful writer in a country where such accomplishments are especially difficult, she was able to provide a fresh perspective on the much-studied issue of Canadian identity, specifically the ambiguity that seems to dilute it. When asked if she thought poetry had a role to play in removing that shade of uncertainty she said, "yes because poetry gives people images, thoughts and feelings that, since they are coming from a Canadian source, can help assert a Canadian identity".

The question period was enjoyed thoroughly by all and L'Abbé was asked about such things as her creative process, her family history, the themes contained within her poetry and many other things including whether or not she has any work in progress. To this she answered yes, explaining that she currently engaged in a work in which her writer's voice would evolve again. The evening success should guarantee the next instalment of the Luminaries series, an event that will surely have difficulty besting Friday's atmosphere.

Lizette Frappier Exhibition at STC

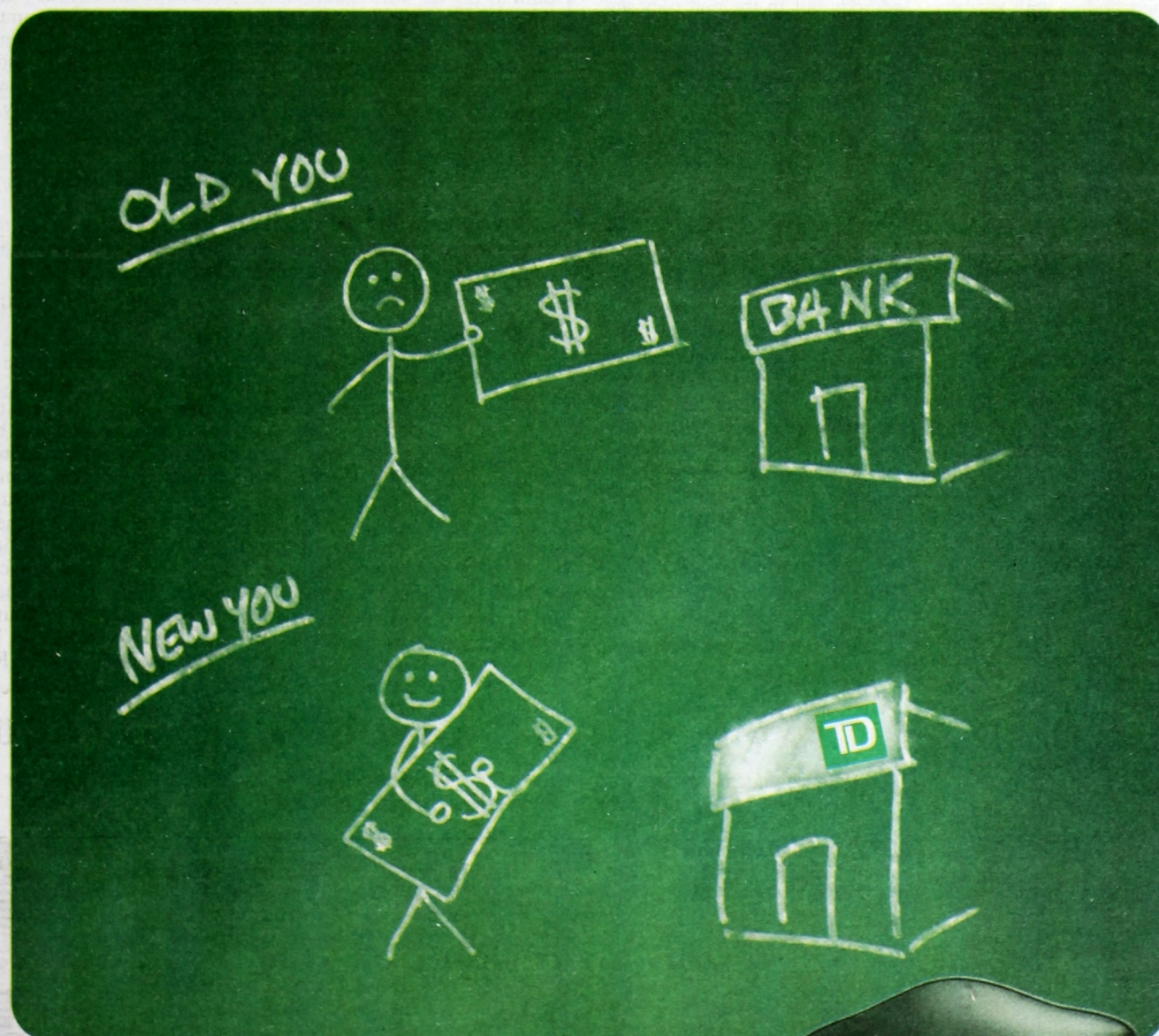
The Sudbury Theatre Centre Art Gallery is pleased to feature the work of Lizette Frappier from January 10 to February 18.

Lizette Frappier is one of those intriguing talents that can be described as 'self-taught'. While she has had some formal training, she admits that she has honed her skills by researching her craft, which includes drawing, painting and photography.

In high school, she was part of the Notre Dame Art Club. She also spent a year (1992-1993) in a Fine Arts program at Cambrian College. Later, in 1999-2000, Frappier participated in a Drawing Circle at the Carmichael Community Centre. Her landscapes, portraits and other works have been exhibited during three art shows at the Sudbury Arts Council on Cedar.

To see or purchase any of Lizette Frappier's pieces, visit the Sudbury Theatre Centre during regular office hours or during show evenings. Prints are available for each work.

STC is located at 170 Shaughnessy Street near Tom Davies Square. Call the Sudbury Theatre Centre at 674-8381 ext.21 for more information.



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From the Grey Matter of Josh Buck...



Josh Buck
Science & Tech

Hello Readers,

First off I hope everyone had a good Christmas holiday and are easing into the new semester. This semester is shaping up to be a great one and for anyone that was on the annual model parliament trip with LUSPA I can safely say that it is unlikely there will be a better event. Now lets get down to the wacky world of science and tech. There have been a lot of announcements and a lot of rehashing last year's big news makers which is always interesting to revisit. Also for anyone who follows the technology sector they years biggest trade show just concluded in Las Vegas and there are lots of product reviews out and about if you are interested. One of the best products I read about was a new TV that is only millimetres thick uses less power than LCD or plasma TVs and has a better picture. It only comes in an 11" size right now and cost \$2500 but it is promising technology. A great product was a new portable DVD that holds a charge for around 12 hours. Now this is a great thing for most of us university students especially those of us that hail from down south and are subjected to a lengthy greyhound journey. I know I have often thought of getting a portable player but before now they usually have only been able to hold a charge for only a couple of hours, which means only a single movie and a

bit which is just enough to get to Toronto. These new players are put out by Panasonic and only costs \$200 which is almost double than other similar sized players but they do not offer a battery nearly as effective. The most interesting part of this new DVD player is the fact that it is the same size as others. So anyone in the market for a sure fire way to make those painful bus rides fly by I suggest this DVD player.

Another big headline is the South African Paralympics champion Oscar Pistorius who has been told he cannot compete in the Beijing Olympics because the artificial legs he uses give him an unfair advantage.

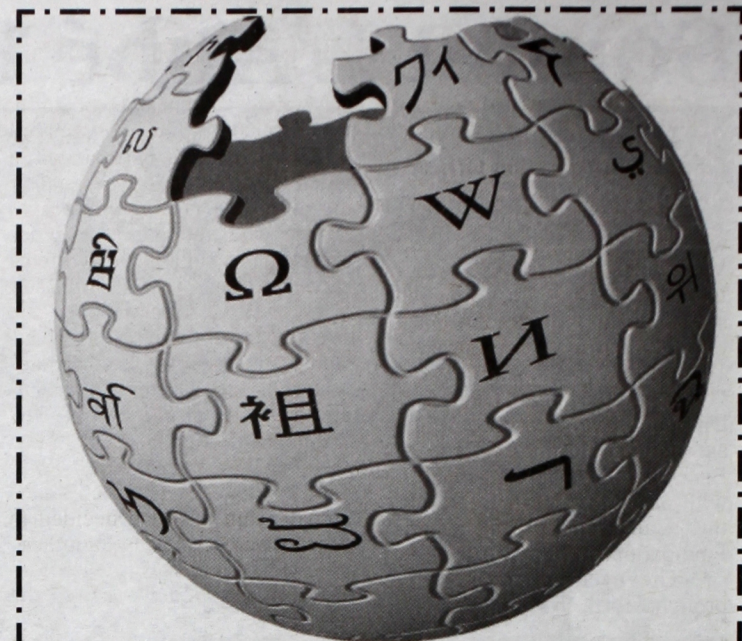
Now in terms of sporting issues I would direct you to the wonderful sports editor Maggie Frampton but it is not the sports that I am concerned with it is the use of technology to make our athletes better at their chosen sports. This ruling may be difficult for many people to wrap their heads around. There is no one that would choose between having their legs or having a prosthetic limb of any kind, but the reality is that as technology advances these new limbs are going to become increasing more efficient and realistic. One day we are going to have people who actually are going to want to change their bodies with various implants and this ruling shows the Olympics committees ability to recognize that this change will create a rift between athletes who are all natural human and those who are using man made products to enhance their game. This is the same problem that sports

have now with drugs like steroids and technology like blood doping.

As we move on into the future the questions are going to become harder and harder to answer, when the lines between artificial and natural become closer we need people who will ensure that the rules are maintained for those athletes who are playing fairly. What happens when we have the ability to create new organs from our own cells? This technology was recently in the news as scientist have 'awoken' a dead heart. What happens when we master this and are able to create new organs? Should athletes be allowed to transplant newer stronger organs into their bodies so that they may compete better? The ruling that the Olympic committee has taken is that any enhancement to the human body is against the rules, and while this seems unfair to a man who has overcome the loss of his leg it is the only way to ensure that what were are watching is a bunch of regular humans doing the best our species can naturally do. So for now a persons' prosthetic limb is no different than a corked baseball bat, steroids or even the use of marijuana. It makes it seem wrong when lumped into a category with all of these intentional cheating methods but in the end they are all the same.

Thanks for dropping by, see you in two weeks,

Joshua Buck



Did you know...

That on January 15th 2001 Wikipedia was launched. It may have started out with humble beginnings but now boasts over 9 million articles of which over 2 million are in English. As university students I am sure we have all used it to find out something for class despite the warning we receive from our tradition professors. Wikipedia last time I saw a figure was hovering around the 90% accuracy rate. Now that is not bad for a site in which anyone can walk in off the street free up their computers and edit articles about any subject in which they deem they have superior knowledge. Now for me I would not edit anything on Wikipedia because I am a traditionalist when it comes to academic knowledge until I get all of those fancy letters behind my name I will not claim to be an expert at anything, which may be a shock to anyone out there who I convinced I was a doctor and that what I was injecting into from the trunk of my car was in fact Botox. So I hope the swelling has gone down for you and please do not sue.

Aside from that we have all heard about some of the downfalls of Wikipedia mostly being the big MNC's who have changed and controlled tightly the information about them on this site. There are those who have spent their lived reading every book they can find on a subject giving them a wealth of knowledge in which to draw upon. My own grandfather knows an over whelming amount of knowledge on Henry Ford and the beginning of tractors in North America. But at the end of the day his knowledge has no backing other than the library he has created. This to some may be good enough, they say but he is drawing upon other academics work and just regurgitating their knowledge, where is the harm in that? The harm comes from when these people take it one step further and begin to create their own theories on the subject matter and by never having undergone the stringent process of peer editing or a thesis defence.

So while Wikipedia is a great new way in which we can create and share vast amounts of knowledge to the world just remember to cross check what you read there and never let your profs know you have been using it *wink wink*

brain to the digestive system. What's more, big holiday meals are often accompanied with a few glasses of wine which could contribute. You certainly aren't being drugged by the turkey—probably just your own overeating, drinking, and the fact that your parents have such a comfortable couch.

People should drink at least eight glasses of water a day.

A lot of people spout this little lie and many more echo it in their heads as they feel a pang of guilt for failing to meet that sacred eight glass value. There is, however, a complete lack of evidence supporting this recommendation. An exhaustive literature review published in the American Journal of Physiology finds no basis for making eight glasses of H₂O the standard. The origin seems to be a 1945 guideline which was improperly interpreted as instruction to drink two litres of water per day. The human body is extremely well tuned to maintain its water balance and your best bet is simply to drink when you're thirsty. Existing studies even suggest that you can easily meet your daily fluid intake through consumption of juice, milk, and caffeinated beverages. If you force yourself to

drink excessive amounts of water, you could actually put yourself at risk for water intoxication, low blood sodium, and even death.

These four myths are really just the tip of the iceberg. If you start looking out for them, you'll notice just how many of these little falsehoods pervade our lives. Next time you hear a scrap of common wisdom, don't just repeat it; go look it up. It's far better to be a geek than a liar.



Four Lies You Should Never Tell

Matt Stickland

You're probably a liar. No, it's more than that—I'm willing to bet that you're definitely a liar. You may not know that you're lying, but that's beside the point. The fact of the matter is that you—like most people—have this nasty habit of spreading myths without really thinking them through. In this column, we'll examine four little falsehoods you've surely heard and maybe even repeated.

We only use 10% of our brains.

The belief that humans have a vast store of untapped c o m p u t i n g power has been around for over a century. It can be traced as far back as 1907 when numerous sources cited the fact to help sell self-improvement products and push people to examine their unrealized, latent potential. However, our much improved understanding of neuroscience, evidence

from studies of brain damage victims, and brain imaging all suggest that people use far more than 10% of their brains. Not too many people suffer brain damage without some loss to their functional abilities. Brain imaging reveals no areas that are inactive or completely silent. Even microscopic localisation of the function and response of single neurons does not reveal any gaps or dormant chunks. If it were true that humans only use 10% of their brains, it shouldn't be too big a deal to lose a bit of weight by cutting away the other 90%, right? Any volunteers?

Shaving hair causes it to grow back darker and coarser.

Surely you've heard people say—or said it yourself—that if you shave hair, it will come back darker, faster, and coarser than before. Maybe you've even noticed it. Well, there's strong scientific evidence dating back as early as 1928 that shaving hair has absolutely no effect on hair growth. The truth is that shaving removes the dead portion of each hair without affecting the living section lying below the skin's surface. It is easy to see how this myth might originate and be perpetuated. For one thing, most people don't start shaving because it's a fun thing to do between breakfast and toothbrushing, but because they're growing more and more hair and need to control it somehow. Whether they shave or not, they'll have more hair in a few months

simply because, for example, they're going through puberty. Secondly, shaved hair lacks the fine taper seen at the ends of unshaven hair thus giving the impression of coarseness. Finally, new hair has not yet been lightened by the sun or other chemical exposures and thus may appear darker than existing hair.

Eating turkey makes people especially sleepy.

Many a post-Thanksgiving dinner nap has been excused under the pretense that there are chemicals in the turkey which make people sleepy. The myth spreader may even go so far as to call that chemical tryptophan, an amino acid which is, indeed, involved in sleep and mood control and which can cause drowsiness. Although turkey is a pretty good source of tryptophan, it certainly isn't exceptional. Chicken and minced beef contain about the same amount of the amino acid (350 mg per 115 g) while other common sources of protein like cheese or pork pack much, much more. Plus, to maximize dietary absorption of tryptophan, it should be consumed on an empty stomach—usually not the case with turkey which is generally accompanied by cranberry sauce, stuffing, buns, salad, and so on. There are other physiological reasons why turkey might actually make you sleepy. Any large meal can bring on drowsiness as blood flow and its accompanying oxygen are diverted from the

Lady Vees To Participate In Battle For Breast Cancer Game

Alex Graham
Laurentian University
Sports Information Officer

SUDBURY, Ont. – This weekend, the Laurentian Lady Vees will take on the Carleton University women's Ravens squad in the "Battle for Breast Cancer" game on Saturday, Jan. 19th at the Ben Avery Gymnasium. Laurentian University will host the event in association with the Women's Basketball Coaches Association, with all proceeds going towards the Canadian Breast Cancer Foundation.

The event is an initiative brought forth by the Women's

Basketball Coaches Association, with events held at every school in the county that participates in women's basketball. The goal of the program is for schools to donate gate and game revenues towards the fight against breast cancer. The Laurentian Lady Vees will commemorate the evening by donning pink sweatbands, pink socks and commemorative t-shirts during the warm-up and while on the bench. This event has typically only been done for the women's basketball games; however our men's basketball team has also decided to participate by wearing commemorative t-shirts during warm-up and on the bench during the

game.

"As participants in women's sports we like to do everything we can to bring awareness to this cause" said Lady Vees basketball head coach Mike Clarke. "It is also important that we use our visibility in the community to help raise funds for this cause that has impacted so many athletes' and people in general."

"Everyone has someone in their life that has been touched by this disease," said Voyageurs basketball head coach Shawn Swords. "Specifically myself, involving my sister Carolyn Swords. We felt it was important for the men's program to also show support for the women in

all of our lives."

Since Laurentian students are able to attend all Laurentian Athletic events free of charge, organizers in association with the Women's Basketball Coaches Association will be asking all students to make a voluntary donation to get into the game on Saturday.

In addition, organizers are looking for companies or individuals to sponsor "Bucks for Baskets" which is an initiative intended for money to be donated for every point scored by our teams on the night. Once again, all proceeds will go to the Canadian Breast Cancer Foundation.

PORTER & THOMPSON NARROWLY MISS PODIUM IN 10KM CLASSIC

Greg Hoddinott
Athletic Marketing

The Laurentian Nordic Ski team took to the Lappe Nordic trails in Thunder Bay for the classic races at the OUA's first designated race of the season on Saturday. Laurentian's top women's finisher was Julie Porter (Caledon East, Ont.) who finished fourth, while on the men's side it was Matt Strickland (Oxtongue Lake, Ont.) who finished in eighth place.

In the women's 10 kilometre classic race, Porter led the way for the Lady Vees with a fourth place finish (0:36:04.6), while Mary Thompson (Woodstock, Ont.) finished just behind her in fifth place (0:36:23.3). Porter's time was under a minute behind the third place finisher from Lakehead, while Thompson was just over a minute out of a medal position. The winner of the race was Christina Grouix from Lakehead University who finished the 10 kilometre course in a time of 0:34:33.5.

In the men's 15 kilometre classic race, it was Strickland who led the way for the Voyageurs finishing in eighth place (0:47:30.8), while Victor Wiltmann (Dillon, Ont.) and Brendan Waddell (Sudbury, Ont.) rounded out the Voyageurs racers with Wiltmann finishing in 11th place (0:48:37.7) and Waddell finishing 12th (0:48:56.0). The winner of the race was Chris Hamilton from Lakehead University who finished the 15 kilometre race in a time of 0:43:15.1.

WOMEN'S 10 KM CLASSIC

1. Christina Grouix (Lakehead) 0:34:33.5
2. Anna Crawford (Lakehead) 0:34:52.4
3. Alana Thomas (Carleton) 0:35:21.7
4. Julie Porter (Laurentian) 0:36:04.6
5. Mary Thompson (Laurentian) 0:36:23.3
10. Julia Winter (Laurentian) 0:39:03.6
16. Aden Beresford (Laurentian) 0:42:07.0

MEN'S 15 KM CLASSIC

1. Chris Hamilton (Lakehead) 0:43:15.1
2. Chris Mamen (Carleton) 0:44:03.2
3. Scott Sullivan (Lakehead) 0:44:36.6
8. Matt Strickland (Laurentian) 0:47:30.8
11. Victor Wiltmann (Laurentian) 0:48:37.7
12. Brendan Waddell (Laurentian) 0:48:56.0

The Laurentian men and women will now compete in the final day of the first designated race with the men competing in the 15 kilometre freestyle, while the women will compete in the 10 kilometre freestyle. The events will be mass start with races starting at 9:30 a.m. in Thunder Bay at the Lappe Nordic centre.

Intramural Co-Ed Volleyball League

Jennifer Moyle, Anjelica Mazzela, Eryn Jewitt and Al Vaillancourt – Conveners

As a reminder for students who are wishing to take part in Intramural Co-Ed Volleyball, tomorrow is the last day to register your team. The league will run from February 5, 2008 to March 27, 2008 on Tuesdays and Thursdays from 9pm until midnight.

Registration will be held at the Department of Active Living office in the Ben Avery Building. There are three divisions in which you can sign up for: Competitive, Semi-Competitive, and Recreational. Each team must have at least two females on the court at all times. The cost is \$20 per team.

All fulltime students are eligible to participate and are encouraged to do so.

Get a team together and register today!

SUDBURY, Ont. – Laurentian University Athletics is proud to announce Victor Wiltmann and Cassandra Carpenter of the men's Nordic ski and women's basketball team as "The Keg Steakhouse and Bar Athlete of the Week" for the week ending January 13th, 2008.

Victor Wiltmann is a third year concurrent education student from Dillon, Ont. Wiltman has represented the Laurentian Nordic Ski team for three years now and is one of the leaders on an experienced squad. This past weekend, Wiltman traveled along with the rest of the Nordic team to Thunder Bay, Ont. where they competed in the Ontario Cup race held at the Lappe Nordic Ski Club. Wiltman had a particular successful weekend coming home with a second place and silver medal

performance in the 1.1 km freestyle sprints (2:32:12) to go along with 11th and 14th place finishes in 15 km events.

Cassandra Carpenter hails from Kanata, Ont. and is a fifth year guard in the Phys Ed. program. She is the all-time OUA career scoring and rebounding leader and is close to catching the all-time CIS marks as well. This past weekend, Carpenter helped lead the Lady Vees to a home split against OUA rivals RMC and Queens University to improve their record to 9-4 on the season. For the two games, Carpenter averaged 28 points, nine rebounds, three assists, two steals and one block per game. Carpenter needs only to average her season average of 19 points per game for the

rest of the season to break the all-time CIS scoring mark. For the season, Cass is in second place in the OUA scoring race, while chip-

ATHLETES OF THE WEEK

ping in with eight rebounds, four assists and three steals a night.

Wiltman and the Nordic ski team return to action Jan. 26th and 27th as they travel to Haliburton, Ont. to compete in the second OUA designated race put on by Trent University. Carpenter and the Lady Vees return to action this weekend as Ottawa and Carleton Universities come to town.

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Doping in Sports Is there really a solution?

Maggie Frampton
Sports Editor

One of the most talked about issues in sports these days are not how horrible Toronto Maple Leafs are doing or the Sudbury Wolves. Doping in sports is one of the hottest topics in newspapers and on national league websites.

Marion Jones has just recently given back her 2000 Sydney Olympic medals. She is possibly going to serve a six months sentence in prison. The IOC will receive the medals and they will decide what will happen. Not only is she losing her medals but also her teammates from the gold medal relay team, may be stripped of their medals; they are still waiting for a decision by the IOC. Marion Jones was one of the biggest stars from track and field. She was a role model for many young women. Today she holds a criminal record and lost all credibility because due to her doping scandal.

The doping news rely hit hard with the inquiry regarding the National Baseball League, Barry Bonds, Roger Clement and

many others have been investigated for their use of performance enhancing drugs. Many sports reports have been following these stories closely and discovering how often athletes are using performance-enhancing drugs. The National Baseball League must enforce their no drug program with harder penalties to those who chose to use drugs.

Major League Baseball has announced that they are currently working with the National Football League and US Olympic Committee in hope to end the abundant use of steroids. They are each investing millions of dollars into research for a better understand of the use of drugs in sport. Not only is the NFL and the MLB are the only partners in this fight with the US Olympic Committee but as well the Professional Golf Association and the National Hockey League.

The implementation of rules and regulations regarding the use of drugs in sports have increased at all levels of sports. I myself wonder why these athletes take the chance of losing everything for the price of winning a competition. The use of drugs and sports

is one of the most popular ethical questions in sport. The use of performance-enhancing drugs is happening at all levels of sports and by the greatest athletes.

These athletes are the role model of many young children who stay up late to watch Barry Bonds or Mark McGuire to beat the home run record.

Doping in Sports is an issue that hopefully many sports organization will begin to crack down on and that sport may one day become a fair game for all.



contributed

Olympian Marion Jones poses with her medals from the 2000 Sydney Olympics. Jones eventually returned her medals as part of a doping investigation by the International Olympic Committee.

Busy week for Laurentian basketball

VOYAGEURS CANNOT FEND OFF QUEEN'S BALANCED ATTACK

Brandon Mazerall
Laurentian University Athletics
Sports Information Writer

Laurentian played host to Queen's Saturday night but fell short against a very good shooting line up. Queen's ended the game with 5 players scoring in double digits, led by forward, Mitch Leger (Kingston, Ont.), who notched 21. The 87-48 win gave Queen's their eighth win of the season and dropped Laurentian to 2-10.

Laurentian started out strong as guard Darrel Drake (Saginaw, Mich.) dropped 5 points in the first 30 seconds of the game. Queen's answered quickly as they nailed three of their first four three-point attempts. Two minutes into the game the score was 9-7 for Queens and the game looked to be headed for a shootout. However, soon after, Queen's began to pull away as they control the space inside the paint. They did not allow Laurentian any shots from in close and rebounded well defensively and offensively.

The quarter ended with Laurentian still in the game at 18-13 for Queen's.

The second quarter could not have begun much worse for the Voyageurs. Queen's opened the quarter with an 18-0 run which took all of the wind out of the Laurentian defense. They failed to make a field goal until the three-minute mark. The Voyageurs could not catch a break as they fought for offensive rebounds but could not capitalize on them. Simultaneously, Queen's was dropping shots from everywhere on the court. The half ended seeing Laurentian on the wrong end of a 46-22 score.

Queen's shot an unbelievable 56% from three-point range in the first half.

The Second half started out much the same, however, Laurentian had a little more luck offensively. Queen's play suggested that they were just trying not to lose the game. They played very tight defensively, not

allowing Laurentian to drive the lane. The strategy proved very effective as they closed the game out with a convincing 87-48 win. Leger made two highlight reel assists in the fourth quarter looking a lot like Steve Nash. Tonight's game was won and lost from three-point range. Queens shot 46% while Laurentian only shot 7% from the mark.

Coach Swords was looking for a little more consistency out of his team on this night. "We started the game out okay but went for too long of a stretch without scoring. There are too many games where we go scoreless for a long period and it hurts us on the defensive end as well."

Laurentian is in tough next weekend as they play host to Ottawa and Carleton who are number one and two in the OUA.

LADY VEES STUNNED BY PESKY GAELS 73-71

Alex Campbell
Laurentian University Athletics
Sports Information Writer

The Laurentian Voyageurs women's basketball team suffered their fourth loss of the season in heartbreaking fashion, 73-71 to the Queen's Golden Gaels. Golden Gaels forward Sarah Barnes (St. Catherine's, Ont.) led her team scoring 23 points, including a game-winning three-pointer with 3.6 seconds to play. Cassandra Carpenter (Kanata, Ont.) led the Lady Vees with 23 points as well, in a losing effort.

Queen's came out the hotter of the two teams in the first quarter jumping out to a quick lead by way of their three-point shooting. The Lady Vees came out slowly, failing to convert their jump shots but midway through the quarter the Lady Vees began to settle down. However, the Gaels early cushion allowed them to take a 20-18 lead going into the second.

Queen's picked up right where they left off at the end of the first, converting their three point shots, and built up a 25-20 lead early on. Again, midway through the quarter the Lady Vees were able to trim the lead, but poor offensive execution late in the quarter allowed Queen's to

carry a 38-31 into the half.

The Lady Vees were a much different team to start the second half, however, as they went on an early 10-2 run to take their first lead since early on in the first quarter, the run being sparked by a big three-pointer from Carpenter. However, the two teams would trade baskets for the last five minutes of the quarter and would be tied at 48 going into the fourth.

The fourth quarter went back and forth all the way down to the final buzzer with Queen's getting things started with a big three-point basket in their first possession. The Lady Vees battled back, carrying two five points leads throughout different points of the quarter but Queen's would stick around, managing to convert points in the paint, something that hasn't come easy for any Lady Vees opponent this season. The Lady Vees held a slim 71-70 lead with 23.4 seconds to play but Barnes took matters into her own hands as she hit a deep three-pointer with 3.6 seconds left to silence the Ben Avery Gym and steal an upset victory for the Gaels.

Barnes led the Gaels to victory scoring a game-high 23 points and Jamie Dale (Ottawa) contributed 11 points for Queen's. Carpenter also had a game-high, scoring 23 points for the Lady Vees in the loss. Kauri Lafontaine (Whitby, Ont.) had a double-double for the Lady Vees with 11 points and 10 rebounds. Queen's shot 38% from the field, while the Lady Vees shot 34%. The difference in the game, however, was three-point shooting as Queen's converted on 38% of their shots from downtown, while the Lady Vees only managed to shoot 21%.

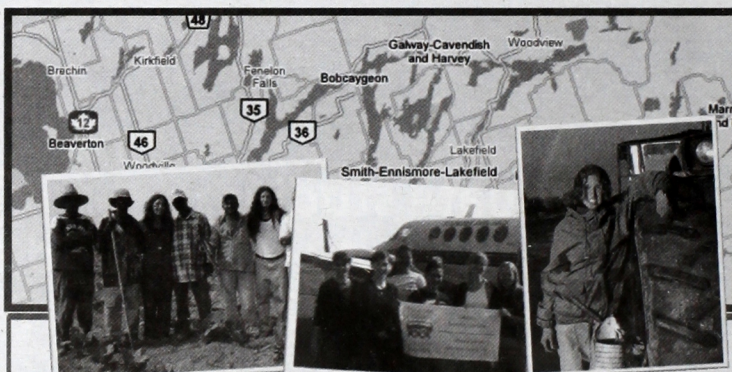
"We were mentally weak in the first half, we let them push us around," said Lady Vees head coach Mike Clarke. "Unfortunately I thought we outplayed them in the second half, but we weren't able to make shots."

The Lady Vees will return to action next Friday night against the winless Ottawa Gee Gees. With a win, the Lady Vees will book their ticket to the OUA Playoffs. Tip off is set for 6 p.m.

EARLIER WINS:

The Laurentian Lady Vees hosted the winless RMC this evening looking to improve their winning streak to five games. In convincing fashion, the Lady Vees won 108-53 running their season record to 9-3 placing them among the contenders in the OUA.

The Laurentian Voyageurs snapped their season high eight-game losing streak with a big 77-59 victory over the Royal Military College Paladins. Paul Kovacs (Barrie, Ont.) led all scorers with 23 points and had eight rebounds in the win. Gavin Viray-Cox (Georgetown, Ont.) led RMC with 18 points.



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The \$100,000 Go Green Challenge

Form a team of three or more students, and then visit www.tdcanadatrust.com/gogreen and submit your

big idea for environmental change in your community to the

\$100,000 Go Green Challenge.



This competition is open to all legal residents of Canada who are currently enrolled in an approved Canadian University or College. "Team" Submission limited to one (1) year of up to a maximum of 4,000 words and may be prepared by students that could be made in a community to improve, protect, preserve and enhance the environment and more diverse conditions. 4-119-223-2333. Total prize money: \$100,000. The deadline to submit your idea is January 25, 2008. All rules are available at www.tdcanadatrust.com/gogreen.

Energy efficiency, water conservation, and tree planting for city streets are just a few of the many areas students can explore as they develop their submissions for the \$100,000 Go Green Challenge, a new competition from the TD Friends of the Environment Foundation

designed to encourage creative thinking from Canada's best young minds. With bragging rights and prize money up for grabs, the \$100,000 Go Green Challenge is actively soliciting creative, workable plans from Canadian college and university students to promote greener com-

such as transportation, energy efficiency, water conservation, ecosystem management, air quality, environmental health or urban forestry. - There are four prizes to be

\$100,000 student challenge

What kind of community do you want to live in?

munities and make life more sustainable for the future.

How it works:

- Each team of three or more students plus one faculty sponsor will submit an essay with a maximum of 4,000 words plus supporting documents.

- The essay must include an idea or proposal outlining the changes that could be made in a Canadian community to improve the environmental impact and create healthier, greener and more diverse conditions.

- Judges will be looking for original ideas that are viable, but forward-looking and integrate elements of environmentally-based community design, which can include issues

won, each consisting of \$25,000. For each winning submission, \$12,500 will be awarded to the student team members (to be shared equally) and \$12,500 will be given to the team's university or college faculty.

"The environment is a top priority for Canadians; as a result our future leaders will play a dramatic role in influencing the environmental agenda for Canada's communities. That's why we're asking students to start thinking about the types of green communities they'd like to see today," said Mike Pedersen, Group Head Corporate Operations, TD Bank Financial Group and TD's environment champion. "This challenge provides a forum for new and fresh thinking on the environment from young people with diverse backgrounds. We're hoping to foster teamwork and creativity, and come up with a few smart ideas along the way."

The \$100,000 Go Green Challenge is open to all legal residents of Canada who are currently enrolled in an undergraduate or graduate program at a Canadian university or college, on a full-

time or part-time basis at the time of entry in the competition.

Submissions can be emailed to tdaward@td.com. The deadline for submissions is January 25, 2008. Each application will

be reviewed by an independent judging panel whose role will be to identify four winning submissions that most accurately meet the challenge and judges criteria. Selection of the four prize-winning entries will be made in Toronto by March 31, 2008.

For more information on the \$100,000 Go Green Challenge and to view the complete rules and regulations, please visit www.tdcanadatrust.com/gogreen. To learn more about the TD Friends of the Environment Foundation visit www.td.com/feef.

TD Community Giving: Making a Difference Together Children's health, literacy and education, and the environment are the three primary areas of focus for TD's community giving. The major flagship programs within these areas are: TD Children's Hospital Fund, TD Friends of the Environment Foundation and the TD Great Canadian Shoreline Cleanup, TD Canadian Children's Book Week, TD Canada Trust Scholarships for Community Leadership, and the TD Summer Reading Club. In addition, through the support of our customers and employees, TD is involved with a host of national, regional and local programs in support of diversity, arts and culture and other causes. In 2006, TD donated \$33 million to more than 1,600 charities and not-for-profit organizations across Canada.

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Full-time laboratory technician and part-time Bachelor of Science student at Athabasca University.

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Say No to the 2010 Olympics in Vancouver, Coast Salish Territories

By Alex Paterson

The 2010 Winter Olympic Games in Vancouver are creating social turmoil; Vancouver is experiencing social unrest and opposition by Indigenous and anti-poverty activists. The Vancouver Police are being forced to use mounted units and riot police to defend every media event for the Vancouver Olympics committee. The opposition to the Olympics is breaking down old colonial barriers among activists, and teaching people how to work together to oppose corporate agendas, it is build a new solidarity.

There are a few simple reasons why this opposition makes sense:

1. The Olympics are taking place on unceded Indigenous (Native, Aboriginal, Indian) land. More than 75% of British Columbia is unceded native land that was never legally granted to the Canadian Government and therefore still legally belongs to the Indigenous people. Most land deeds in BC are non-existent before 1900. It is illegal for corporations or individuals to

ing against the ski resort of Sun Peaks in traditional territory. The same corporation that owns Sun Peaks stands to benefit from ski resort expansions for the Olympics.

3. The Olympics are forcing the dispersal and social cleansing of poor communities in Vancouver, specifically the marginalized and already victimized people in the Lower Eastside. Poor people are being increasingly harassed

budget and the games haven't even started yet. In an age where most people complain about taxes and public spending, we would rather throw money at a sporting event than give money to single mothers or the disabled.

The Olympics have always been a major spectacle that bring money to corporations and cost the poor their homes. The Olympics were resisted by many in Athens just as they have displaced many in China. Resistance to the Olympics has taken Intercontinental form already, this year there was an Indigenous People's of the Americas Encuentro called by the Zapatistas and held in Vicam, Sonora. This land claimed by the Mexican state, that is traditional territory of the Yaqui. During this conference delegates from 67 Indigenous Nations from across the Americas declared opposition and a pledge of resistance against the Olympic Games in 2010 in support of the Nations being harmed by these games. Another topic discussed at this conference was violence against native women; in Canada for instance there are over 500 missing Aboriginal women, that's just about 1 for every year colonialism has been going on in the Americas with the arrival of Columbus. The Olympics has increased strains on Indigenous communities in British Columbia and because of the way racism, colonialism and sexism intersect

Aboriginal women have been severely affected in many negative ways.

The groups opposing the Olympics are not only calling for a boycott of the Olympics, they are calling for opposition, prevention and disruption of the Olympics.

With the support of activists, revolutionaries, rebels and rogues from across Canada the Vancouver Anti-Poverty Committee (APC), and the Native Youth Movement (NYM) are calling people to converge in Vancouver to disrupt and prevent the games

ditional territories essential for the collective of traditional medicines. Also she wanted to protect the land for its own sake as something that must be respected as a giver of life. Harriet was jailed and during her incarceration contracted pneumonia and perished quickly after her release from prison. Her struggle and inspiration are a rallying point for many young Indigenous warriors who draw inspiration from her struggle.

The APC has initiated squatting campaigns to defend housing for the poor and mobilized against the police attacks on poor and racialized communities in Vancouver; while the NYM has both worked in the mountains and on the street protecting Indigenous people from racism and the on going colonial occupation of their lands. In February 2010, they are calling you and your friends to come to Vancouver and help them put an end to the Olympics. Start planning now.... Homes Not Games! No Olympics on Stolen Land! Fuck 2010!

For more information:
www.no2010.com
http://apc.resist.ca/

Alex Paterson is a local area student, independent journalist and rebel. Contact: ax_paterson@laurentian.ca



purchase or use native land without expressed consent. The majority of Indigenous nations are against the Olympics and sizable minorities amongst the supporting Bands are against the Olympics. Vancouver for instance is on traditional uncalled Coast Salish people's territory. Even though the government has admitted that BC should not exist legally, in the BC treaty/land claims process only 5% of BC is open to return to Indigenous people, therefore at least 70% of the province of British Columbia will remain stolen and occupied territory.

2. The Infrastructure and Ski Resort expansion necessary for the Olympics is destroying the traditional hunting territory of many indigenous nations and disrupting the ecosystems these ways of life rely on. The expansion of the Sea to Sky Highway is causing environmental damage to rivers and forested areas. The Secwepemc Native Youth Movement has been mobiliz-

and made to feel unwelcome. Many of the poor in Vancouver are Indigenous people already displaced from their land and subject to the legacy of residential schools and other genocidal features of Canadian history. Much like Naomi Klein in her new book discusses how disasters can bring massive change; mega-events also bring the justification for massive social change



at local levels that most people would not normally accept.

4. The Olympics are causing massive public debt. Any of the revenue goes to private companies not the public purse or the people who could use a few dollars. The Olympics are already over

